

Recovery for the Ethnic Minority Community in Hong Kong

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4th generation Ethnic Minority (Maternal Great Grandfather settled in HK in
1911)

Ethnic Minorities (EMs) in Hong Kong

- ▶ Definition of EMs (Hong Kong Census and Statistics Department & Status of EM in HK, 1997-2014)

“The ethnicity of a person is determined by self-identification. The classification of ethnicity is determined with reference to a combination of concepts such as culture, origins, nationality, colour and language.”

- ▶ For purpose of this presentation, EMs are non-ethnic Chinese in particular South and East Asian Minorities. ‘White/Caucasian’ or Foreign Domestic Helpers’ are not included.
- ▶ EMs make up 1.6% of the population (**112,711**) and they have increased over the last 10 years: Thai 0.12%, Filipino 0.29%, Pakistani 0.25%, Nepalese 0.36%, Indonesian 0.11% , Indians 0.47%
- ▶ Critical examination of EMs is necessary- highly marginalised, misunderstood and overlooked part of HK community.

Obstacles to Recovery for Ems



- ▶ **Language** is the biggest barrier in cultivating inclusion, integration and sense of belonging for EMs and impacts all areas of healthcare, employment and education.
- ▶ **Racial discrimination and prejudice** -Low racial acceptance towards EMs by HK ethnic Chinese in provision of services, rental of property, schools, workplace and social interaction. Are EMs treated with the same urgency as Chinese? (case of Harinder Veriah against the Hospital Authority)
- ▶ **Lack of access and inadequate public services and information** - social exclusion

Main Mental Health Challenges by EMs



- ▶ Mental health problems are highly stigmatised
- ▶ EMs deny mental illness as a real problem or a mind disease
- ▶ Specific concerns
 1. Substance Abuse - Most apparent amongst EM youth males
 2. Post Traumatic Stress Disorder - for refugees- past experience of war , conflict, persecution and racism, adjusting to new environment (hard to cope with loss, anger and change)
 3. Domestic violence:- 4.7% of all DV cases reported by SWD are from EMs
 4. Identity crisis - strong immigrant feeling - Torn between 2 world not belong to either
 5. Anxiety and Depression - unemployment, financial burden, challenges of every day living

Promote Recovery, Promote Mental Wellbeing

Build a supportive and integrated community -key to recovery

- ▶ Minimize language and cultural barriers , e.g. Education
- ▶ Improved access to information and public services and exercise basic human rights as a HK citizen i.e., housing scheme, minimum wage.
- ▶ Build community networks in specific districts where communities are e.g. Main EM languages (Nepalese, Hindi, Filipino) are spoken in Wanchai
- ▶ Definition of EM needs to be revised to encompass hybridised sense of identity.
- ▶ Increase mental health education and support for EM's and growth of EM peer support workers.



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